

# Interval Timer de Gym Boss

Quelques captures d'écran pour vous apprendre à vous en servir!

**App Store Preview:** Shows the app icon and a list of timers: Stopwatch, Tabata, 20 Sets in 30 Minutes, 1 Minute Rest Between Sets, Run, Walk, Run, and HIIT.

**Create New Timer:**

- Buttons: SAVE, START
- Field: Your timer name
- Button: SELECT ROUNDS +/-
- Section: End of Workout Sound (Flourish)
- Table:

intervals	rounds	total time
0	10	00:00:00
- Section: Countdown (00:00:00)
- Button: ADD NEW INTERVAL

**Your Activity (Color Selection):**

- Section: Your Activity
- Text: Select a Background color
- Color palette: \$, Green, Orange, Yellow, Blue, Pink, Black

**Alarm Type (Time Selection):**

- Section: Alarm Type (Gymboss Double Beep)
- Table:

h	min	s
7	57	57
8	58	58
9	59	59
0	0	0
1	1	1
2	2	2
3	3	3
- Buttons: SAVE, CANCEL

**Your Activity (Color Selection):**

- Section: Your Activity
- Text: Select a Background color
- Color palette: \$, Green, Orange, Yellow, Blue, Pink, Black

**Alarm Type (Time Selection):**

- Section: Alarm Type (Gymboss Double Beep)
- Table:

h	min	s
7	57	57
8	58	58
9	59	59
0	1	0
1	2	1
2	3	2
3	4	3
- Buttons: SAVE, CANCEL

**Your Activity (Color Selection):**

- Section: Your Activity
- Text: Select a Background color
- Color palette: \$, Green, Orange, Yellow, Blue, Pink, Black

**Alarm Type (Time Selection):**

- Section: Alarm Type (Gymboss Double Beep)
- Table:

h	min	s
7	57	12
8	58	13
9	59	14
0	0	15
1	1	16
2	2	17
3	3	18
- Buttons: SAVE, CANCEL

**Active Timer:**

- Display: 00:15 (interval), 01:00 (total)
- Countdown: 30
- Buttons: Play/Pause, Previous, Next